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Squadron 144



News



VOLUME 1, ISSUE 1

SAN DIEGO CADET SQUADRON 144

Cadets Complete 2010 CA/NV Wing Encampment

By: C/CMSgt Sarah Shea

In 1975 California Wing established the Cadet Training Group as the encampment program within the state. A few months ago I was selected to be a part of this training group at the 2010 Staff Selection Exercise. After being selected as the 116th Cadet Training Squadron First Sergeant, I worked alongside many other staff members to plan and coordinate the training of approximately 80 basic cadets. The CTG overall had a basic cadet population of 232. The staff counterparts consisted of 47 members all working towards a common objective, making sure every single one of those 232 cadets walked off the parade field at the end of the training week. As C/1st Lieutenant Ravi Patel would say "we train, motivate, and inspire basic cadets all day every day!" The training schedule was rigorous for both the basics and the cadet staff members who worked past the basic's bed time to prepare their training for the following day. To basics, encampment would seem easier for the staff, "these hospital corners are impossible sir!" —C/SSgt. Lydia Philp (Female Basic Cadet), however the minimal rest and high stress training had two times the impact on the



staff as it did the basics. The beginning of the week was high stress and intense for basics as there was a lot to learn, and as the week went on basics learned to work as members of a team, motivating each other to push through to the end and at the same time inspiring the flight staff to pull them through.

Congratulations to the cadet basics and cadet staff for completion of the 2010 CAWG Encampment!

How to Survive Hawk Mountain

By: C/SSgt Zoe Horton

Hawk Mountain Ranger School is the longest running search and rescue school there is. It's located near Kempton, Pennsylvania. Its purpose is to train cadets to provide ground support. At Hawk Mountain you can choose from basic, advanced, medic, or ranger team commander and staff training courses.

As for how to make it through the basic course - you have to listen to your staff and be physically fit. We did a three day hike away from base camp and an obstacle course every morning. The obstacle course involved quite a few pull-ups, jumping over a large stream and monkey bars. The three day hike

had ten miles of hiking carrying everything you need for those three days.

If you listen to your staff and make friends it won't be that bad.



Upcoming Events

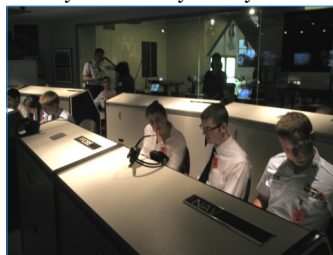
- ⇒ September 1-4
CAP Annual Conference and National Board Meeting
San Diego Marriott Hotel
Cost \$89
- ⇒ September 18
Tour of Southern CA TRACON
San Diego, CA
- ⇒ September 24-26
Combined Squadron Bivouac
William Heise County Park
Cost \$20
- ⇒ October 1-3
Miramar Air Show
San Diego, CA
- ⇒ October 22-24
NCO School
March ARB, Riverside
Cadet Cost \$40, Staff Cost \$30
- ⇒ November 6-7
6th Annual Astronomy Night Near Campo, CA
Cost - Potluck

SEPTEMBER 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			CAP Annual Conference and National Boards			
5	6	7 Weekly Meeting	8	9	10	11
12	13	14 Weekly Meeting	15	16	17	18 Tour of TRACON
19	20	21 Weekly Meeting	22	23	24	25 Combined Squadron Bivouac →
26 Bivouac	27	28 Weekly Meeting	29	30	October 1-3 Miramar Air Show →	

Return to the Moon

By: 1stLt Sonya Petty



The year is 2015, and your crew of astronauts is returning to the Moon. Their goals are to establish a permanent base to make further lunar observations, study the feasibility of creating a self-sustaining lunar settlement, and serve as a stepping stone for future manned planetary exploration.

After a brief stop at the mission briefing room the cadets were separated into their crews—Mission Base and Shuttle. As the Shuttle crew grew more excited, the cadets were transported to another world after passing through the airlock. After taking their places and commencing the launch, the journey had begun. Halfway through the mission, the crews switched places to allow everyone to learn what it's like to work in Mission Control and in remote space on the Shuttle.

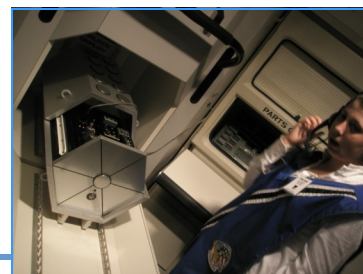
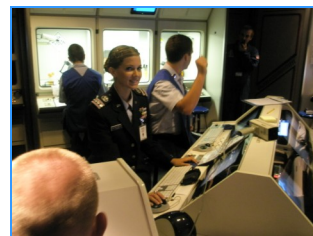
The August 31st Tuesday Activity at the Reuben H. Fleet Science Center was a

blast! Cadets launched a probe to deliver equipment to the Moon's surface, analyzed data to select a landing site, and calculated the thrust needed to leave Earth's orbit and enter lunar orbit.

Through the exercise, everyone learned to conduct investigations and make observations using scientific tools.

A special thanks is extended to Squadron 714 for participating with us! The Mission would not have been a success without you!

We also thank the Air Force Association for funding the event.



National Emergency Services Academy

By: C/SSgt Naomi Shea



I would like to inform you about my awesome adventures in Indiana attending NESA (National Emergency Services Academy). When I arrived there weren't many people there yet and my first thought was

"wow is this it"? No not even close, all day was in-processing (check in). The second day we jumped into everything: meeting our teams, getting our gear all set in place, and learning where all of our classes would be held and where we would be eating. We experienced eating in the field about two times each week unless the weather changed, lightning, and many tornado warnings.

At NESA my favorite parts were figuring out how to use a poncho as a shelter building material, figuring

out a compass. When I first did the compass courses the first week in 2Bravo, I was following North the whole time instead of the arrow going straight which really ended up messing up my directions, locations, and the next post that followed my courses.

Furthermore I hope that next year in 2011, I can come back as staff and work as a communications officer. The reason why I like communications is because I was confident and did an outstanding job out in the two different training fields - 1Alpha and 2Bravo.

NOT SURE WHAT TO BRING? DON'T FORGET THESE!

- Whistle
- Flashlight
- Sleeping Bag
- Tent
- Personal First Aid Kit
- Bug Spray
- A good attitude and willingness to learn!

Combined Squadron Bivouac—What to Expect

By: C/2nd Lt Benjamin A. Shea

Everyone bleeds at some point in life, whether fatal or not. However, only a select few know how to stop that bleeding successfully in order to ensure the survival of a fellow comrade. At this second of many bivouacs to come we will be focusing our training on First Aid and Wilderness Survival

Skills. Attendees of the event will learn what it takes to survive in a place where you have minimal supplies and nature's few gifts for a greater chance of survival along. Training will also include medical training on how to prevent and treat wounds that would occur in a wilderness environment. We will

sleep in tents, fight mosquitoes, build our own wilderness shelters, and search for a downed aircraft among multiple other events and training exercises at this very next Combined Training Bivouac, I look forward to seeing everyone there and ready to learn! Get ready, it's September 24th-26th 2010!

A Week in the Life of Your Cadet Commander

By: C/2nd Lt Rebekah Shea

Most all of the cadets know me from one side - the cadet commander, however my life is far more complicated than just Tuesday nights. This year I am a senior at Rancho Buena Vista High School, and I have five full academic classes. My day starts at six in the morning and I'm out of school on most days by one in the

afternoon. After school I head directly to work, my work week more often than not is about four to five days long. I work at In-N-Out in Vista about five minutes from where I live, and if it's a busy day at work then I am working for six hours. So by the end of my day after going to school for six hours and then working for six hours

most people would be done, however I spend another two hours or so working on homework and planning CAP meetings and making sure all my bases are covered ahead of time. That is the person I am, always trying to make everything work and get done right and on time.



Rebekah hanging out around school.

Cadet Orientation Rides Cancelled for Safety

By: Capt Ross Veta

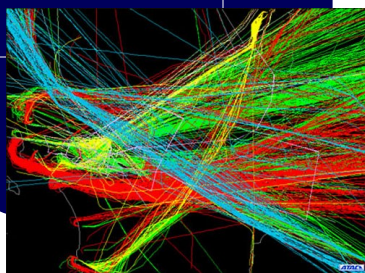
On August 6, 2010 our Squadron once again (third time this year) headed to Gillespie field for Cadet orientation rides. As a rescue organization, Civil Air Patrol is most concerned about safety. As such, Cadets may cannot ride in CAP aircraft IFR, or "Instrument Flight Rules" conditions at any time. That is exactly what we encountered that morning, with all of our personnel being greeted by foggy, overcast conditions at the airport. The Cadets waited patiently for 2 hours until the pilot

Lt. Phillip Teyssier announced the conditions were not conducive to flying and that all flights would be scrubbed for the day. All personnel had a great lesson in Operational Risk Management and all agreed that the risks outweighed the benefits. No flights took place that day and no safety issues arose. A great lesson learned for all. We will be scheduling "O-Rides" again in October, once the annual budget is approved and released. Glider orientation rides will also be scheduled for later this year.



*"The air up there in
the clouds is very
pure and fine,
bracing and
delicious. And why
shouldn't it be? - it
is the same the
angels breathe. "
~Mark Twain*

**Southern California
TRACON radar
tracks as viewed in
PDARS .**



Observing a Solar Flare as Aurora Lights

Article Provided By: <http://www.examiner.com>

In our solar system the sun went through a phenomenon known as a solar flare up on Sunday. Our sun goes through cycles that occur within an 11 year period. A solar flare up is defined as a burst of plasma and solar and magnetic energy. The blast begins at the corona and affects the photosphere and the chromosphere of the sun. The blast of energy can shoot through other layers of the sun and into space. This is called a coronal mass ejection. New studies explain that a coronal

mass ejection is caused by magnetic reconnection. This is when two oppositely aligned magnetic fields align. When this happens the stored magnetic energy is propelled out of the opposite side shooting protons and electrons into space. Plasma shot from the sun consists of the elements helium, oxygen and iron.

The side of the sun it happened from was facing the earth. Over the next day or so in the Northern and Southern regions of the earth this strong solar flare up

may be observed as aurora light. The same as the "Northern Lights". The solar flare will hit us as an electronically charged cloud of particles. The cloud of particles will hit the earth and travel along the earth's atmosphere to the north and south poles causing the lights. Editors Note: If you attended the Combined Bivouac last June you would have seen a coronal mass ejection while observing the sun through Capt Steve Karl's solar telescope.

Southern California TRACON

By: Capt Keith Jackson

On September 18, Squadron 144 will visit the Southern California Terminal Radar Approach Control (SoCal TRACON). This Air Traffic Control Facility is the busiest Terminal Radar Facility in the world covering airports in Burbank, Los Angeles, Orange County, Palm

Springs, San Diego, and the Inland Empire. Cadets and Senior members will get a rare look at what actually goes on in the air traffic control system such as controllers handling aircraft, the traffic management specialist who monitors traffic volume, and the technical operators who

monitor navigational aids and equipment in the Pacific Operations Area. This exclusive tour will provide valuable insight into the inner workings of the systems that control the huge amount of flights that enter and exit the Southern California region.

US, Russia Conduct First-Ever Joint Air Force Maneuvers

Article Provided By: <http://www.globalresearch.ca> Author: Dana Gabriel



The North American Aerospace Defense Command (NORAD) and the Russian Federation Air Force conducted a cooperative air defense exercise from August 8-11 that focused on combating terrorism.

Vigilant Eagle was hailed as a milestone exercise between the Cold War era rivals. It included Russian, U.S., along with Canadian Air Force personnel operating from command centers inside Russia and the United States directing fighter jets, as well as civilian air traffic controllers. It took several years to stage the drill which centered around, "an international air terrorism scenario exercised over the Pacific Ocean consisting of forces from the U.S. and Russia responding to the simulated hijacking of a B-757 en route to the Far East." The joint exercise was, "designed to establish

clear communication processes that would allow the two forces to work together during a real crisis." Russian Air Force Col. Alexander Vasilyev emphasized the importance of cooperation in combating the dangers of air terrorism. He stated, "Terrorism is something that affects all our countries. So it is very important that we work together to develop procedures and bring the relationship between our countries closer together to unite our countries in the fight against terrorism."

*"Disneyland claims to be the Happiest Place on Earth, but as a pilot, I feel the title transfers to EAA's AirVenture in Oshkosh, Wisconsin for one week a year. :
~Max Trescott*

EAA AirVenture 2010-Oshkosh, WI

By: 1st Lt Sonya Petty

Only once a year more than 10,000 aircraft arrive at Wittman Regional Airport in Oshkosh Wisconsin. For aviation aficionados, this is *THE* event of the year. Aside from the 2,380 showplanes, there were 777 commercial exhibitors providing showcases of new aircraft, new technologies, and workshops ranging from how to build your own aircraft to how to fly IFR. This year, 535,000 people attended

AirVenture from July 25 – 31, 2010.

The 75th anniversaries of the Douglas DC-3 and Boeing B-17 were celebrated through aerial displays and a "Missing Man" formation. A Salute to Veterans was performed through an expanded war bird extravaganza. A rare Night Air Show featured the "Wall of Fire" and was finished off with a fireworks display. New technologies were showcased through the

Dragonfly DFI helicopter which is powered by hydrogen peroxide and the Terrafugia Transition aircraft which is a new prototype flying car.

Does all of this sound really cool? You can attend the EAA AirVenture through CAP National Cadet Special Activities—Blue Beret for behind the scenes access next year!



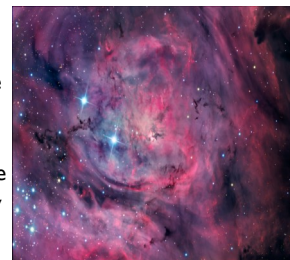
Coming Soon—6th Annual Astronomy Night

By: Maj Dennis Ammann

Thousands of years ago a hydrogen atom smashed into a helium atom causing nuclear fusion and emitted a tiny photon inside the hot core of a very hot (blue) Class B-6, main sequence, magnitude four star named **Electra** in the Pleiades Cluster. This photon bounced around inside Electra for thousands of years and finally escaped being shot out of Electra at *186,000 miles a second* around the

year 1639 AD (370 years ago). This particular photon was traveling towards a distant star with eight planets revolving around it heading for the third planet named *Earth*. As the photon finally entered the solar system, it passed the dwarf planet Pluto and was only 4.8 hours away. Our photon is dodging the asteroids in the asteroid belt between Mars and Jupiter and now passing Mars with 12.5

minutes left to go. Do you want to know what happens to this photon and where to see it? Come look through Mr. Dennis Ritz's 16" Meade LX200 Schmidt-Cassegrain telescope on 6-7 November for our 6th annual CAP *Astro Nite*. Learn how to find the North Star, read a star chart, identify constellations, view planets, BBQ, sleep under the stars, and socialize with your fellow wingmen / ladies.



Model Rocketry Begins!

By: 1stLt Sonya Petty

Coming soon to a squadron near you, - the CAP Model Rocketry Program. Oh wait, that's YOUR squadron! The CAP Model Rocketry Program will officially begin this month. The program includes learning about the history of rocketry, the mathematics involved in trajectory calculations, how to build rockets, and (the best part) launching rockets!!!

While we progress through the program the main focus will be safety. We will be following the National Association of Rocketry Safety Standards to ensure that everyone has an injury free and effective launch.

Since this can be considered a bit scary to some, we invite the parents of the cadets to stay involved. If you're worried about your cadets participation please come by the meetings and see what they're doing—and of course come to the launch!

NASA Successfully Tests Shuttle Rocket Successor

NASA and ATK Aerospace Systems on Tuesday, August 21st, successfully tested a massive, five-segment rocket motor -- akin to the boosters attached to the space shuttles -- that was designed for the space agency's next generation of rockets.

The test of the prototype Ares rocket comes as the future spaceflight programs it might be used for are up in the air. The Obama administration has said it wants to cancel a program to send astronauts back to the moon. While Congressional leaders have expressed concerns with Obama's plans, Congress is looking for places to cut.

NASA has so far spent more than \$1 billion on the Ares rocket, which would add more thrust beyond that provided by the space shuttle's booster rocket -- the equivalent of 22 million horsepower.

o ready for the test, the rocket was cooled to 40 degrees Fahrenheit. The two -minute, full-scale firing of the rocket, designed to test the rocket's performance at low temperatures, measured 53 test objectives through more than 760 instruments. According to NASA, the first numbers confirmed that performance met expectations.

"For every few degrees the temperature rises, solid propellant burns slightly faster and only through robust ground testing can we understand how material and motor performance is impacted by different operating conditions," Alex Priskos, first stage manager for Ares Projects at NASA's Marshall Space Flight Center in Huntsville, Ala., said in a statement.

Beyond the additional stage, the Ares rocket also differs from current shuttle rockets in its larger nozzle throat, upgraded insulation and an upgraded liner. The test Tuesday was the second test for the Ares rocket. The earlier test, held last September, had also been deemed a success.

Article Proved By: <http://www.informationweek.com>; Author: J. N. Hoover

SAFETY

Lawn Mowers: When a Chore Becomes a Mishap

By April Phillips, Naval Safety Center Public Affairs

Every summer, the Naval Safety Center receives mishap reports detailing the aftermath of what should merely be a chore -- mowing the lawn. Unfortunately, people who would never set foot on a flight deck without all the proper personal protective equipment forget that mowers are potentially dangerous and should be treated with respect..

For instance, a chief master at arms was mowing his lawn in Norfolk, Va. While pulling the machine backward, he fell and pulled it up on his foot. The mower blades sliced off his big toe, cut two others, and gashed his foot. The chief was wearing flimsy plastic footwear, which provided very little protection against the spinning blades. The U.S. Consumer Product Safety Com-

mission reports that 75 deaths and 18,000 hospital-treated injuries occur each year from riding mower accidents and 37,000 hospital-treated injuries result from push mowers.

The Naval Safety Center recommends wearing strong shoes or boots when mowing the lawn -- never flip flops or other flimsy shoes. Eye protection is also important, and long pants and sleeves are highly recommended.

Following the instructions in the operating manual and safety messages posted on the mower itself is also important. A Navy civilian, also based in Norfolk, cut off the tips of two fingers, severed muscles and tendons, and broke several bones after reaching into the mower's clogged chute

without releasing the engine cut-off handle. This, in spite of the fact that the mower contained a warning sticker that read, "Do not reach in chute."

Although mowing the lawn is already a chore most people would prefer to complete as quickly as possible, preparation is important. Pick up rocks, sticks, pinecones, and other debris from the yard before you start. Also make sure children know to stay away while you're mowing. Many injuries are caused by debris that strikes an onlooker, rather than the person actually doing the work.

Riding mowers are particularly dangerous. They aren't meant to carry passengers and should not be used for joy rides.



Civil Air Patrol

San Diego Cadet Squadron 144

Direct questions, comments, and submissions to:

1st Lt Sonya Petty

Phone: 918-361-6730

E-mail: smmrinkrat@yahoo.com

For more information about CAP visit:

<http://www.gocivilairpatrol.com>

<http://www.capmembers.com>

<http://capnhq.gov>

Civil Air Patrol

Citizens Serving Communities:

Above and Beyond

Civil Air Patrol was founded in December 1941, one week before the Japanese attack on Pearl Harbor, by more than 150,000 citizens who were concerned about the defense of America's coastline. Under the jurisdiction of the Army Air Forces, CAP pilots flew more than one-half million hours, were credited with sinking two enemy submarines and rescued hundreds of crash survivors during World War II. On July 1, 1946, President Harry Truman established CAP as a federally chartered benevolent civilian corporation, and Congress passed Public Law 557 on May 26, 1948. CAP was charged with three primary missions – aerospace education, cadet programs and emergency services. With the passage of Public Law 106-398 in October 2000, Congress provided that "The Civil Air Patrol is a volunteer civilian auxiliary of the Air Force when the services of the Civil Air Patrol are used by any department or agency in any branch of the federal government."

<http://www.sq144.com/>

Achievements & Accomplishments

August Promotions:

- Naomi Shea promoted to C/SSgt
- Andrew Overson promoted to C/MSgt
- Alexander Lange promoted to C/2ndLt
- Rebekah Shea promoted to C/2ndLt
- Jacob Veta promoted to C/SrA
- Bryce Duggan promoted to C/A1C
- Calvin Amos promoted to C/SrA
- Adela Jones promoted to C/SrA
- Sonya Petty promoted to 1stLt

August Achievements:

- C/SSgt Naomi Shea received the Wright Brothers Award
- C/2ndLt Alexander Lange received the Billy Mitchell Award
- C/2ndLt Rebekah Shea received the Billy Mitchell Award

August Accomplishments:

- C/SrA Everett Costello, C/A1C Bryce Duggan, and C/SrA Jacob Veta completed the California Wing Encampment as basic cadets
- C/2ndLt Ben Shea, C/CMSgt Sarah Shea, C/Capt Rebecca Thieme, and C/1stLt Joshua Fle-

wellen

completed the California Wing Encampment as cadet staff

- C/SSgt Zoe Horton completed Hawk Mountain Ranger School
- C/SSgt Naomi Shea completed National Emergency Services Academy
- C/A1C Stephen Devito received his CAP solo wings on 24AUG

Special thanks to:

- Maj Ammann and Capt Veta for their time spent as FTOs at the CAWG Encampment

Did we miss a promotion, achievement, or accomplishment? Send submissions to 1stLt Sonya Petty no later than three days before the end of the month.